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SPORTS IN THE YEAR AHEAD

Metro is dusting off the crystal ball in an attempt to see what the new year might hold. 17

What we're watching this January. 12

A 2018 wish list for New York City. 6

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A FRESH START

New Year's resolutions are piled high as 2018 arrives with frigid temperatures. 6

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SIX OF THE BIGGEST MOMENTS TO WATCH FOR IN 2018

MORGAN ROUSSEAU, MANAGING EDITOR

Take a breath and enjoy a nice little lull in the wake of the 2017 holiday season, because 2018 is gearing up to be a year like no other. It's a new year, and hopefully, a new and better you. But will the U.S. be a new and better nation? Here are six big stories to watch in 2018.

NET NEUTRALITY DECISION FALLOUT

1 The U.S. Federal Communications Commission voted on Dec. 14 along party lines to repeal landmark 2015 rules aimed at ensuring a free and open internet, setting up a court fight over a move that could recast the digital landscape. The approval of FCC Chairman Ajit Pai's proposal in a 3-2 vote marked a victory for internet service providers such as AT&T Inc., Comcast Corp. and Verizon Communications Inc. and hands them power over what content consumers can access. Consumers are unlikely to see immediate changes, though internet service providers say they may engage in paid prioritization, also known as "internet fast lanes."

#MeToo MOMENTUM, WOMEN'S MARCH

2 On Jan. 21, on the heels of the mega #MeToo movement, the Women's March will storm Las Vegas with Power to the Polls, an event that organizers hope to use to empower progressives in the 2018 midterm elections, capitalizing on the energy from some 2017 election victories.

6 MOMENTS TO WATCH

ANOTHER ROYAL WEDDING

3 The wedding of Britain's Prince Harry and his fiancee Meghan Markle will take place on May 19, at St. George's Chapel in Windsor. Queen Elizabeth's grandson, the fifth in line to the throne, and Markle, who stars in the TV legal drama "Suits," announced their engagement in November. Given the international curiosity about the high-profile couple, the nuptials are sure to be a topic of interest come spring.

ALL PHOTOS BY GETTY IMAGES

THE 2018 WINTER OLYMPICS

4 The Olympic Winter Games will kick off in Pyeongchang, South Korea, on Feb. 9. The United States will participate in the Winter Games, White House press secretary Sarah Sanders said after questions arose about security in neighboring North Korea, which has recently ramped up weapons testing. "The protection of Americans is our top priority, and we are engaged with the South Koreans and other partner nations to secure the venues," Sanders tweeted in December.

BILL COSBY'S SEX ASSAULT TRIAL

5 With a recent shift in empowerment against sexual assault, all eyes will likely be on the trial of disgraced comedian Bill Cosby. The high-profile proceedings are set to kick off on April 2, in Norristown, Pennsylvania. Cosby's first sexual assault trial ended in a mistrial in June 2017 after a jury failed to reach a unanimous verdict after deliberating more than 50 hours. The 80-year-old entertainer is accused of drugging and sexually assaulting Andrea Constand, a former administrator with the women's basketball team at his alma mater, Temple University, in 2004.

SOCCER: 2018 FIFA WORLD CUP

6 The 21st FIFA World Cup will take place in Russia from June 14 to July 15. Eleven cities will host a total of 64 matches in the tournament that's held every four years, with the final taking place at the Luzhniki Stadium in Moscow. For the first time since 1986, the United States Men's National Team will not be among the 32 teams competing after it had a shocking 2-1 loss to Trinidad & Tobago in October.

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West Harlem, which includes Morningside Heights, Manhattanville and Hamilton Heights, is StreetEasy's top neighborhood to watch in 2018. NIKKI M. MASCALI

West Harlem is StreetEasy's No. 1 NYC neighborhood to watch in 2018

This marks the first time a Manhattan neighborhood has ranked first in the real estate marketplace's prediction history.

NIKKI M. MASCALI
@NikkiMMascali
nikki.mascali@metro.us

West Harlem, all eyes will be on you in 2018.

The neighborhood made up of Morningside Heights, Manhattanville and Hamilton Heights has claimed the top spot in StreetEasy's newly released "Neighborhoods to Watch in 2018" list.

West Harlem, which saw "tremendous" growth in sales prices this year and boasts easy access to several subway lines and other transportation options, also holds the distinction of being the first Manhattan neighborhood to rank first in the real estate marketplace's prediction history.

The top 10 is rounded out by Fort Greene, Flushing, Elmhurst, East New York, Norwood, Prospect Park South, Chinatown, Brighton Beach and Woodside.

"Neighborhoods like West Harlem, Woodside and Prospect Park South, which have long been outshined by their popular neighbors, are finally taking the spotlight in 2018," said Grant Long, senior economist for StreetEasy. "As New Yorkers seek to balance affordability with convenience, these nearby neighborhoods are seeing a surge of interest, growing prices and an influx of new development."

StreetEasy releases this annual list every December to predict the areas that renters, buyers and sellers should keep a close eye on. The company uses four key components to compile the neighborhoods to watch: the yearly change in both median sales and rent prices, listing views on its website and new certificates of occupancy.

NEIGHBORHOODS

StreetEasy's 10 Neighborhoods to Watch in 2018:

1. West Harlem
2. Fort Greene
3. Flushing
4. Elmhurst
5. East New York
6. Norwood
7. Prospect Park South
8. Chinatown
9. Brighton Beach
10. Woodside

PLANE CRASH

New York family among the dead in Costa Rican plane crash

A family of five from the New York City suburb of Scarsdale was aboard a plane that crashed minutes after takeoff from a popular beach resort in Costa Rica on Sunday, killing all 12 people aboard, a relative and the family's rabbi said.

Ten U.S. citizens and two Costa Rican pilots were killed when the Cessna 208B Grand Caravan aircraft crashed into a mountainous area off the beach town of Punta Islita, the Costa Rican government said. The town is in the province of Guanacaste, about 140 miles west of the capital of San Jose.

The dead included the Steinberg family, consisting of a couple and their three sons.

"We are in utter shock and disbelief right now," Tamara Steinberg Jacobsen, the sister of the father, Bruce Steinberg, said on Facebook, where she posted pictures of the family and thanked people for their condolences. She also asked for privacy.

Rabbi Jonathan Blake of the Westchester Reform Temple identified the family as Bruce and Irene Steinberg and their sons William, Zachary and Matthew.

All 10 passengers were U.S. citizens, the State Department confirmed on Monday. REUTERS

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Manhattan	Address	Date	Time
Washington Heights Community Office	1467 Saint Nicholas Avenue New York, NY 10033	1/4, 1/11, 1/18	4pm–5pm
Brooklyn	**Address**	**Date**	**Time**
Downtown Brooklyn Community Office	635 Fulton Street, 1st Floor Brooklyn, NY 11217	1/9, 1/19	3pm–4:30pm
Queens	**Address**	**Date**	**Time**
Jackson Heights Community Office	93-14 Roosevelt Avenue, 1st Floor Jackson Heights, NY 11372	12/22	2pm–3pm
Richmond Hill Community Office	122-01 Liberty Avenue, 1st Floor South Richmond Hill, NY 11419	12/20, 1/3, 1/17	3pm–5pm
Bronx	**Address**	**Date**	**Time**
Fordham Community Office	412 E. Fordham Road Bronx, NY 10458	12/27, 1/10, 1/24	10am–11am
E. Tremont Community Office	774 E. Tremont Avenue, 1st Floor Bronx, NY 10460	1/4	10am–11am
Long Island (Nassau County)	**Address**	**Date**	**Time**
Hempstead Community Office	50 Clinton Street, Suite 110A Hempstead, NY 11550	12/16, 12/30, 1/13, 1/27	2pm–3:30pm
		12/27, 1/10, 1/24	6:30pm–7:30pm

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5 New York Tuesday, January 2, 2018

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Brain Health: What You Need to Know
Date: Wednesday, January 10 Time: 12:00–1:30 pm
Location: 760 Broadway, 3rd Floor, Conference Room 4, Brooklyn, NY
To RSVP for this lecture, please call 718-963-5771.

Integrative Health Approaches and Cancer Survivorship
Date: Tuesday, January 16 Time: 6:00–7:00 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Nutrition Guidelines Following a Prostate Cancer Diagnosis
Date: Thursday, January 25 Time: 5:30–6:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

To attend Perlmutter Cancer Center lectures, please visit nyulangone.org/cancerrsvp, email cancerevents@nyumc.org, or call 212-263-2266.

RUSK REHABILITATION
Mindful Meditation
Date: Wednesday, January 17 Time: 5:30–6:45 pm
Location: 240 East 38th Street, 11th Floor Conference Room

To attend Rusk Rehabilitation lectures, please email ruskrsvp@nyumc.org or call 212-263-6952.

HEART HEALTH
Fostering a Healthy Microbiome to Improve Cardiovascular Health
Date: Monday, January 29 Time: 6:00–7:00 pm
Location: 550 First Avenue, Alumni Hall B

To attend Heart Health lectures, please email cvdprevention@nyumc.org or call 646-501-2190.

NYU Langone Health

MADE FOR NEW YORK.

A 2018 wish list for New York City

From sports and choice words about the city's subway system to gender equality, things need to change around here.

NIKKI M. MASCALI
@NikkiMMascali
nikki.mascali@metro.us

New York City welcomed 2018 with frigid temperatures. ISTOCK

A new year is usually accompanied with promises of change, like quitting a vice or finally getting fit, but should cities be any different?

We here at Metro — and some of our fellow New Yorkers — don't think so. That's why we've created this wish list of things we'd like to see happen in New York City in 2018 — and beyond.

Queens Borough President Melinda Katz
"My wish is for 2018 to be the year of women — with more women rising, organizing, running and governing across New York. A bonus? The New York Mets winning the World Series."

Bronx Borough President Ruben Diaz Jr.
"In 2018, I want the Bronx to continue its upward trend, the federal government to start providing Puerto Rico with the help it needs and deserves and the New York Yankees to find pitching help to complement the one-two punch of Giancarlo Stanton and Aaron Judge so they can bring a 28th title to the Bronx."

Marni Halasa, activist and former City Council candidate
"In 2018, my wish is to see more Americans getting politically engaged and take that engagement to the next level. As a lawyer, activist and former candidate for City Council, I believe it's not enough to sign a petition — go out in the street and protest, write an editorial to your newspaper, visit a congressman's office with a group of your pissed-off, politically-minded friends or even run for public office."

Stan Fischler, subway historian and MSG "hockey maven"
"My wish list on the subway is both simple and comprehensive. The system is kind of in a chaotic state; it's inevitable because we're talking about a system that's more than 110 years old. Sure, over some time, it has breakdowns and needs repairs, and that's what's going on now. The delays are unfortunate, but you have to fix things to make it run right again, and that's the price we have to pay."

Indira Cesarine, founder of The Untitled Space
"Being an artist and curator, I would love to see more public art representing inspirational women in New York City. There is a massive gender gap when it comes to the city's statues — currently there are over 150 notable male statues in New York, and only five statues of historical women. I think promoting gender equality in public spaces would be a great way to motivate equality in other areas, and inspire New Yorkers to greatness."

Morgan Rousseau, Metro managing editor
"One tourist-free week."

Joe Pantorno, Metro sports editor
"My wish for 2018 is for the Islanders to sign John Tavares to a long-term extension."

Lenyon Whitaker, Metro multimedia editor
"To see new Yankee Giancarlo Stanton and Aaron Judge have home-run record-setting seasons."

In 2018, my wish is to see more Americans getting politically engaged and take that engagement to the next level.
Marni Halasa

Nikki M. Mascali, Metro staff reporter
"I wish that city officials would ride the subway or buses at least once a week so they know exactly what their constituents deal with on a daily basis — not just when something big happens. I would also like an Islanders Stanley Cup."

Larry Penner, Metro transit columnist
"[My wish is that] Gov. Cuomo, who thinks he is the reincarnation of the late Master Builder Robert Moses, would find real money instead of picking the pocket of taxpayers and riders with bonding, long-term loans and other budgetary gimmicks to pay for his $100 billion worth of transportation promises. You don't have enough space for me to list the balance of all his $100 billion worth of transportation dreams' previous commitments."

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Baby Boomers Benefitting From Knee Arthritis T

10-Minute Technology Guided FDA-Cleared Painless Medical Treatments.. Allows P

New York City - Nothing is more true. A life with constant pain is not a life worth living. And if you can't stay active and do all the things you love - like walking, playing golf, tennis, vacationing etc. It's not really a life at all.

...the Pain Is More Like A Prison

And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . ***Because They Are***

Nothing is worse than getting your hopes up - spending your hard earned money - only to be let down time after time.

It is easy to give up...

But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

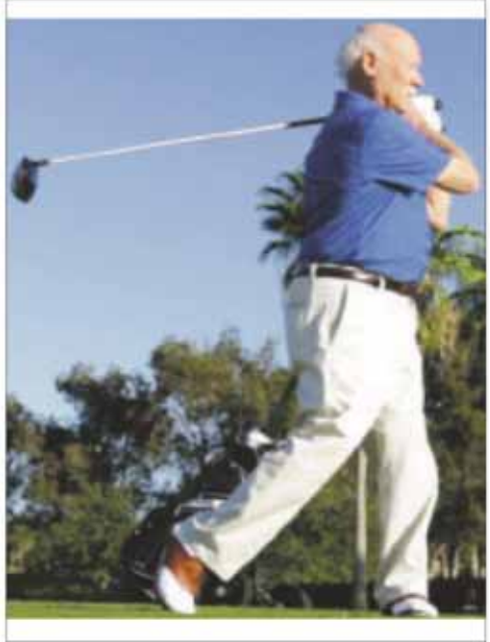
For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The ***NYC Pain MD*** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patents ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at ***NYC Pain MD*** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just – now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't' take any pills, I take not over the counter medication.."

"This a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend It to everybody." *William La Spina* . Golf Enthusiast

(While we cannot guarantee that all knee arthritis pain sufferers will respond like the patient noted above, we can say these results are possible.)

Why Treatment Can Fail

This is why viscosupplmentation can fail for some people. It is also why many knee arthritis sufferers come to ***NYC Pain MD*** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for these advanced and precise treatment methods.

Patients Should Be Assured About Prescsion Treatments

If you have already had this procedure without this advanced imaging... Or if it was not used throughout the procedure, there is a good chance you did not get the maximum results you could have and should have.

What The Research Says About Results: Can We Slow Down Arthritis? A retrospective study of nearly 1000 cases of knee arthritis between 49 and 79 years old was done by an orthopedic surgeon in Lousiana. Patients with Grade 4 or "bone to bone" who presented for consideration of knee replacement were instead put on a program of image-guided gel injection procedures. Follow up almost 4 years later revealed that about 3 of 4 had done well and had not need surgery...regardless of age or even if overweight.

Another study was done by Pearl Diver research group who reviewed 198,000 files of those who underewent this type of treatment. Follow up 2 years later revealed 82% had not required surgery.

Massive Cost Saving For Patients, Insurance Companies & Medicare?

While surgery may be the best option for some...for others, due to fear of surgical risk, medical ailments that may prohibit surgery or for those that are just seeking less invasive alternatives, the costs savings can be staggering. In a study published in the American Journal of Managed Care, a potential savings of $4706.00 per patient if treated with viscosupplementation was estimated . In a theoretical population of 100,000 (NYC is over 10 million) over a 3 yr. period, 808 knee replacements were projected to be avoided and up to $9,131,819 could potentially be saved by patients, medicare and insurance carriers. *This should be welcome news for rising health care costs.*

Who Can Benefit From This Treatment?

This treatment is not for everyone. But it may be for you if you have sensations of grinding or rubbing, pain on simple weight bearing, getting up from sitting or even simply

reatments Their Parents Could Only Dream About

Patients Go Home With Just A Band-Aid On The Knee... No Surgery - No Hospital

when bending your knees, struggling up and down stairs (like subways), have pain on walking, feel tight and stiff after activities or in the morning or just cannot move like you used to. If this sounds like you, then seeing one of the specially trained doctors at ***NYC Pain MD*** could be the best thing you could do for yourself . But it is suggested you do not wait as arthritis can easily worsen with more time.

And this is very important - especially for those who have had viscosupplmentation in the past without good results. Many patients who did not have good results elsewhere are often able to get a favorable results because of the advanced imaging technology and procedure experience at ***NYC Pain MD.***

Even doctors themselves are often patients at NYC Pain MD.

How to Find Out If The Experts At *NYC Pain MD* Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you - the experts at ***NYC Pain MD*** offer a complimentary screening appointment.

This screening will help determine if you are a candidate for treatment and also gives you a chance to get all your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more for many patients.

There is no obligation and if you are not a candidate - the doctor will help you find the best approach for your particular case and refer you to the proper sources. To set up a screening at no cost, simply call **800-741-5340**

The *NYC Pain MD* "X" Factor ?

NYC Pain MD is a high-tech medical facility equipped with all the necessary equipment to treat appropriate candidates right in their own in-office procedure suites. What does this mean for you? It means no stressful hospital, no intimidating surgical center or out patient facility visits.

This also means you don't have to be "Rich and Famous" because by avoiding all those "fancy" facilities you don't have to bear their severe costs which can often be several times the cost of the treatments themselves. Your experience is far more relaxing with personalized attention. The treatment is gentle. You will go home with nothing but a one inch band-aid on your knee. Many go home or right to work after these virtually painless treatments. There is little to no downtime .

The Secret To Knee Pain Relief? With precision advances in medical science and technology the caring doctors at ***NYC Pain MD*** have been able to help so many relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. New Yorkers are lining up weekly to find out if the are candidates… patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination and possible treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you Zero risk or obligation. Just call 800-741-5340 Tell them, "I would like the knee screening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-741-5340

More Good News About Insurance: *Many insurances including Traditional Medicare (part B) help cover modest to significant portions of these care programs*

To set up a complimentary screening, just call **800-741-5340**. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in giving every patient the individual time and attention they deserve.

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RESOLUTIONARY TIMES

TOM FOREMAN
Analysis

Across the nation, millions of people are standing in front of mirrors considering goals for the coming year. The result will be a host of resolutions launched like North Korean missiles on Jan. 1, which will crash into the sea before winter is done.

Still, it is an admirable annual exercise and one I think our current president might want to consider because he is the most unpopular first-year president since modern polling began, and if he wants that to improve, perhaps some changes are in order. So in the spirit of the season, Mr. President, let me offer three possible resolutions:

1. Quit complaining about the people who oppose you. Quit calling them liars and fools. Yes, your most devoted followers love it when you tag a foe with a ridiculous nickname and taunt him/her like a schoolyard tough. But the majority of Americans are put off by that behavior, and it makes it hard for them to give your policies a fair shake, let alone embrace them. You're hurting yourself when you demonize every person who dares to doubt your magnificence.

2. Stop tweeting so much. Again, I know your fans think this habit of yours is the best thing since the Big Mac, but precious few serious ideas can be expressed in fewer than 280 characters. That's not even enough to cover the first paragraph of the Gettysburg Address, which is a model of brevity. Perhaps you could confine your tweets to things such as Arbor Day greetings, congratulations to sports teams and your lunch … i.e., "I love pork chops — make America great again!"

3. Knock it off with the demonstrably false statements. I get it: Politicians tell fibs. But when you fling out whoppers that are patently untrue, again — you hurt your own case.

Of course, it is entirely up to you whether you take these suggestions to heart. But why not give them a try? Because even if they don't work, like most of us, you'll have abandoned them by Valentine's Day anyway.

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Therapist talks hardships of 2017 and how to manage expectations for the new year

If 2017 was a hard year for you, you weren't alone. Plenty of people talked about how their anxiety spiked because of political news and polls. Metro spoke with William Doherty, a licensed psychologist, professor in the Department of Family Social Science at the University of Minnesota and the founder of Citizen Therapists for Democracy, an association of therapists focused on helping people keep their emotional balance "during the Trump era and beyond."

Looking ahead to 2018, William Doherty shared advice on how to handle politics-related stresses. PROVIDED

We've heard about this year being hard for people because of politics. Is that true?
Oh yeah. I've been practicing for 40 years, and I've never seen anything like this, and the poll data support that — that Americans are more anxious about our country, and [politics] is affecting people in their personal lives and affecting relationships.

What were some of the biggest challenges that people faced in 2017?
One of them is problems in friendships and family relationships over political differences, that tends to spike at times like Thanksgiving and Christmas, with people making decisions about whether to even be with family, and then how to handle themselves, if they are a blue in a sea of reds, or vice versa. Another is with the sexual harassment stuff — that is triggering memories and experiences in a lot of women, and so that's been spiking since the Weinstein thing.

What are some ways people can cope?
One is what we call buffering coping: How do you protect yourself from overexposure to this stress? If Trump's tweets spike your blood pressure, you don't have to read his tweets, you don't have to follow him on Twitter.

The other is active coping, where you do things in your life that you feel good about and feel could contribute to the common good. You can be volunteering somewhere; it doesn't have to be just political action. The way I think of it is: What can you do to enact your values in the world? That's a way to think about being somebody who contributes, not just somebody who is passibly trying to fend off all the stress that comes at you. KRISTIN TOUSSAINT

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What we're watching this January

It's January already. A new year! And with it, a bunch of shows to look forward to.While 2018 promises a slew of new series and old favorites, we have our eyes peeled on the coming month. Here are the series we're looking forward to watching. **RACHAEL VAUGHAN CLEMMONS**

'The Bachelor'

Last year, "The Bachelorette" brought us something unprecedented: a black protagonist, in the form of the charming, funny Rachel Lindsay. This year, ABC dug through their bag of has beens and came up with Arie Luyendyk Jr. But never fear: If nothing else, "The Bachelor" franchise delivers in the most basic ways. There will be drama, there will be tears, there will be fights. It might not be as interesting as last season, or as entertaining, but it will be a solid watching experience nonetheless.

"The Bachelor" premieres Jan. 1 on ABC.

'The Chi'

Helmed by Lena Waithe — one half of the award winning duo behind the Thanksgiving episode in the second season of "Master of None" — "The Chi" is a coming-of-age story, set firmly in, you guessed it, Chicago's south side. It promises to be timely and, perhaps more importantly, to give a voice to a new and necessary perspective. And that's something the television landscape desperately needs more of.

"The Chi" premieres Jan. 7 on Showtime.

'The Assassination of Gianni Versace'

The second volume in the American Crime Stories series, "The Assassination of Gianni Versace" follows 2016's mega successful "The People Versus O.J. Simpson." And, for what it's worth, "Gianni Versace" looks promising, glamorous and — dare we say it? — very entertaining. And with a cast that includes the likes of Penelope Cruz (as Donatella Versace herself), Edgar Ramirez and Ricky Martin, it might just deliver, too.

"The Assassination of Gianni Versace" premieres Jan. 17 on FX.

'High Maintenance'

Good ol' "High Maintenance." The series — which began on web before making the leap to HBO — is a reliable, good time. Lessons will be learned, marijuana will be toked and interesting characters will be introduced, all within the span of a half-hour. Made perfect for bingeing.

"High Maintenance" premieres Jan. 19 on HBO.

'Another Period'

You may have been like me, spending the last two years of your life having never laid eyes on "Another Period." And that's a mistake. Sometimes, you need nothing more than an easy, hilarious series to look forward to after the drudge of work. And "Another Period" is literally just that. It's sharp, fun and Natasha Leggero is at the height of her comedy prowess.

"Another Period" premieres Jan. 23 on Comedy Central.

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'Star Wars: The Last Jedi' tops $1B worldwide

"Star Wars: The Last Jedi" pulled in $120.4 million globally on the New Year's Eve weekend with $52.4 million at 4,232 domestic venues and $68 million internationally during the Friday-Sunday period.

Disney-Lucasfilm's "Star Wars: The Last Jedi" has cleared the $1 billion milestone in worldwide grosses in less than three weeks.

"The Last Jedi" is now the eighth highest-grossing domestic movie of all time with $517.1 million – only $15 million behind last year's "Rogue One: A Star Wars Story" in the seventh spot. On the worldwide chart, it's now 24th with $1.04 billion, edging Universal-Illumination's "Despicable Me 3." The tentpole's international total, currently at $523.2 million, will see a significant jolt when it opens on Jan. 5 in China, its final market.

"Star Wars: The Last Jedi" has also topped Disney's "Beauty and the Beast," which grossed $504 million in North America, for the top spot among 2017 releases domestically. It's the fourth 2017 title to go past $1 billion worldwide, along with "Beauty and the Beast" at $1.26 billion, "The Fate of the Furious" at $1.24 billion and "Despicable Me 3" at $1.03 billion.

"The Last Jedi" is also winning the domestic weekend box office crown for the third time with $52.4 million, edging Sony's "Jumanji: Welcome to the Jungle," which took in $50.6 million at 3,765 locations for the Friday-Sunday. However, Sony's projection showed the "Jumanji" sequel grossing $16.5 million on New Year's Day on Monday – well above Disney's forecast of $13.2 million for "The Last Jedi." Should those numbers hold, "Jumanji" would edge "Jedi" over the four-day period with $67 million, winning by $1.4 million.

"Jumanji" has been "The Last Jedi's" biggest competitor by far since it opened on Dec. 20. The action-comedy should wind up with an 11-day domestic total of $186.3 million by the end of Monday. The action-comedy, starring Dwayne Johnson and Kevin Hart, has a $90 million budget. It's also performed impressively in international markets with $107 million through Dec. 28.

"Jedi" and "Jumanji" helped lift the entire domestic box office for 2017 to $11.12 billion, down 2.3% from last year's $11.38 billion and off slightly from 2015's $11.14 billion, according to comScore. The gap for 2017 had been more than 6% at the end of the worst summer in a decade but performances by "It," "Thor: Ragnarok," "Justice League," "Jedi" and "Jumanji" closed most of that margin.

"With another $11 billion plus year on the books, the industry looks ahead to awards season and a 2018 packed with blockbuster titles and a hope for a year slightly less volatile than 2017," said Paul Dergarabedian, senior media analyst with comScore. Universal's "Pitch Perfect 3" led the rest of weekend's domestic pack with a projected $22.7 million at 3,468 locations for Friday-Monday, lifting its 11-day total to $69.2 million. The comedy threequel, starring Anna Kendrick and Rebel Wilson, took in $13.1 million this weekend from 34 international markets for a foreign total of $28.6 million.

Hugh Jackman's musical drama "The Greatest Showman" is finishing a close fourth with $20.3 million at 3,316 theaters forecasted for the four days. The Fox-Chernin Entertainment title showed the biggest gain in the top 10 movies from the Christmas Eve weekend with an impressive 73% surge. The domestic total should hit $53.8 million through Monday.

Fox's second weekend of "Ferdinand" — the only film to open on the same weekend as "The Last Jedi" — followed in fifth with $15.1 million at 3,337 North American venues, giving the animated comedy $57.3 million in 18 days. Disney-Pixar's seventh weekend of "Coco" finished sixth with a projected $8.8 million at 2,845 sites for a domestic total of $181.1 million and $539 million worldwide..

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An advertisement of the new "Star Wars" film plays on a screen as the Disney logo is displayed. GETTY IMAGES

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Should you do *Drynuary?*

Drynuary, the new year's health fad of not drinking during January, probably won't have any long-term impact. ISTOCK

Experts weigh in on whether sober January is actually good for your health, or just another new year's trend.

KATE MOONEY
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Every new year, at least one person you know becomes a temporary teetotaler in the name of health. We're talking about Drynuary, (portmanteau for Dry January), a "new year, new you" self-improvement fad in which folks abstain from drinking alcohol during the month of January.

Sure, the impulse makes sense; after the gluttonous holiday months, many of us atone by dieting, starting a new fitness regimen, or quitting smoking, among other attempts to curb our vices.

But whether you're looking to address a drinking problem or develop healthier habits in general, going on a one-month cleanse is probably not the silver bullet that will fix your life.

The addiction experts and life coaches we spoke with explained that real change is a bit more nuanced and suggested more effective alternatives to the short-term drought.

You're better off learning moderation

"Our advice is don't drink excessively, stay within moderate limits all the time," says Dr. George F. Koob, Ph.D., director of the National Institute on Alcohol Abuse and Alcoholism. "You're not saving anything if you go dry for a month and then get back into bad habits."

So how do you know if you're drinking too much? According to the U.S. Dept. of Health and Human Services, moderate drinking is one drink a day for women and two drinks a day for men. Put another way, the NIAAA defines "low-risk drinking" as up to seven drinks a week and no more than three on any one day for women, and up to 14 drinks a week and no more than four drinks on any one day for men.

Dry January could be a good time to take stock of how much alcohol you typically consume, with the idea that once Feb. 1 comes around, you'd ease back up to moderate levels. On the other hand, you could be setting yourself up for a month of bingeing.

Koob explained a phenomenon called the "alcohol deprivation effect," whereby abstaining from drinking over a long period of time leads to an extreme relapse once you pick up again.

And if you have a severe alcohol problem, going cold turkey can be dangerous. "People can actually die from alcohol withdrawal," he warns.

Figure out what's triggering your drinking

"Drynuary can be a great first step, if done right," says Rachel Hart, a San Francisco-based life coach who specializes in helping women develop a healthier relationship with alcohol.

For some people, the month off booze can show them that they function better without alcohol and help shine a lens on their harmful drinking habits. But for others who isolate themselves and avoid social situations just to get through the month on sheer willpower, Dry January won't have any lasting effect, she explains.

"If you aren't doing the work to understand what's fueling the habit of drinking, Drynuary may end up a little bit like a very restrictive diet where the end result is the pendulum swings the other way and can lead to bingeing," she says. Hart teaches her clients to identify the thoughts and feelings that trigger their desire to drink and helps them develop coping strategies to use instead of relying on alcohol.

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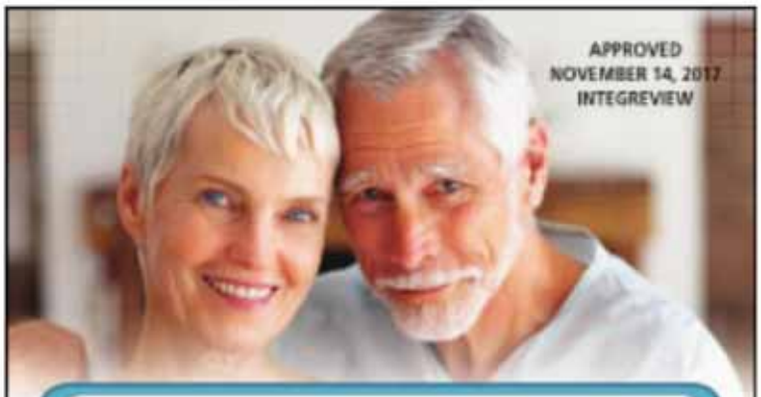

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A UTI, or urinary tract infection, can cause painful urination but is easily treated with antibiotics. ISTOCK

The FYI on UTIs

It happens to nearly all of us at some point: Something about your peeing habits is off. Maybe you're going more frequently than usual; maybe it stings or you see a little blood.

These can be signs of myriad conditions, but one of the most common is a urinary tract infection. We spoke to Dr. Zoe Rodriquez, vice chair of operations, medical director of ambulatory services, department of obstetrics and gynecology at Mount Sinai Downtown, to find out more about what causes UTIs and how you can prevent them.

What is a UTI?
UTI, or urinary tract infection, is an infection of the bladder or lower urinary tract. UTIs can be either complicated or uncomplicated depending upon a patient's risk factors/medical co-morbidities.

What causes it?
UTIs are most commonly caused by gastrointestinal or fecal flora seeding of the vagina and/or urethra (and traveling) to the bladder.

How can they be prevented?
Risk factors for recurrent UTIs include increased sexual activity, new partners, spermicide use. These are some preventable risk factors for UTI.

Although certain hygienic practices (wiping after going to the bathroom, going to the bathroom immediately after sex and drinking increased fluids) have been touted as methods to reduce the incidence of UTI, there is no evidence to support it. The best way to prevent UTIs in patients with recurrent infections is to use antibiotic prophylaxis taken either daily for a specified amount of time or after sex. Both regimens have been found to have good results in preventing UTIs.

How are they treated?
UTIs are typically treated with antibiotics.

What happens if left untreated?
If UTIs are left untreated, the infection may continue up from the bladder to the upper urinary tract and lead to the infection of the kidneys. This may lead to septicemia, or infection of the blood.

Does cranberry juice really help? What about over-the-counter remedies?
Cranberry juice or tablets could potentially aid; they may decrease adherence of bacteria to the lining of the bladder. However, the evidence does not support its use as a preventive method, as the results have either been mixed or nonbeneficial. The high sugar content in cranberry juice may also contribute to other medical issues.

Over-the-counter probiotics have also had some mixed reviews, but different delivery methods (i.e., vaginal approach) may show some benefit, though studies are lacking. And pyridium (a prescription analgesic) may help with bladder pain, but is meant for short-term use as an adjunct to antibiotic therapy.

SHEILA DOUGHERTY

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Predicting what 2018 holds for New York sports

JOE PANTORNO
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With 2017 in the rear-view, Metro is dusting off the crystal ball in an attempt to see what 2018 might hold for New York's sports teams.

Yankees

IN 2018...

-Yankees win AL East, bow out in ALCS.
- Giancarlo Stanton and Aaron Judge combine for over 100 home runs.

Mets

IN 2018...

- Noah Syndergaard wins 20 games.
- Yoenis Cespedes hits 30 home runs
- Mets miss playoffs.

Knicks

IN 2018...

- Kristaps Porzingis will average over 25 points per game.
- Knicks sneak into playoffs as a No. 7 seed.

Nets

IN 2018...

- Spencer Dinwiddie will lead team in win shares.
-Nets win over 25 games for first time since 2013-14 season.

Giants

IN 2018...

- Josh McDaniels will be new head coach.
- Giants draft QB Josh Rosen out of UCLA.
- Eli Manning starts next season.

Jets

IN 2018...

- Jets draft QB Baker Mayfield out of Oklahoma.
- Bilal Powell rushes for 1,000+ yards.

Islanders

IN 2018...

- Mathew Barzal wins Rookie of the Year.
- John Tavares signs seven-year extension.
-Josh Bailey leads the NHL in assists.

Rangers

IN 2018...

- Michael Grabner scores 30 goals for first time since 2010-11.
-Rangers will pursue Oliver Ekman-Larsson or Erik Karlsson.

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metro.us/games

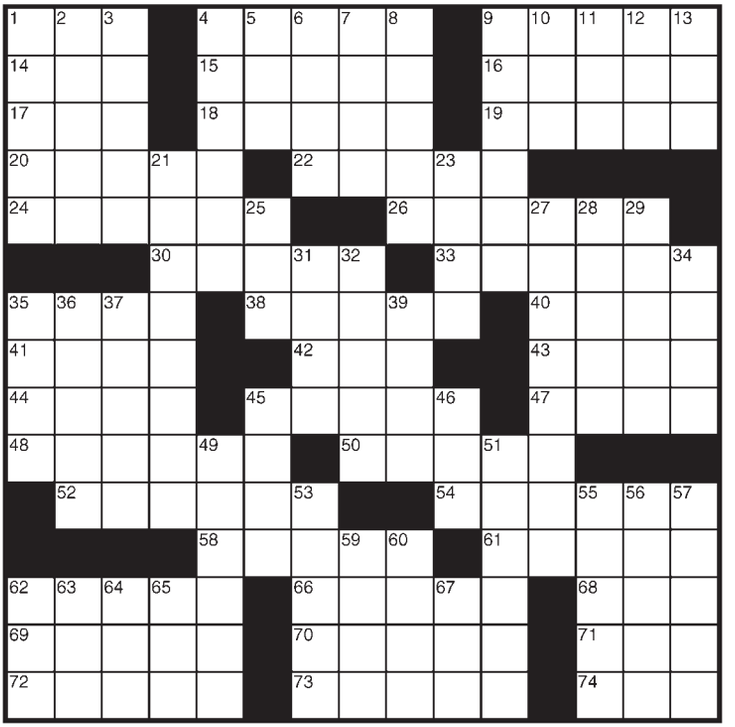
metro.us/crossword

Across

1 Promising
4 Braces
9 Den dwellers
14 Beads on grass
15 Artificial person
16 Chemical compound
17 Lunched
18 More slippery
19 Sleeps in a tent
20 Getups
22 Punch or kiss
24 Texas border town (2 wds.)
26 Cries of glee
30 Bike or trike
33 Foment
35 Fix a shirttail
38 Harmful
40 Familiar with (2 wds.)
41 Nile wader
42 Ad -- (wing it)
43 Furnish
44 Links cry
45 Hotel employee
47 Caesar's worst day
48 Building exterior
50 Board mems.
52 Spuds
54 Goes by car
58 Crusted over
61 Portfolio item
62 Poisonous snake
66 Tailors' needs
68 Ottoman title
69 Pentium producer
70 Boat crane
71 Relatives
72 Carries on
73 Makes a move
74 Get nosy

Down

1 Platitude
2 Flower part
3 Punk
4 Victorian
5 Fabled bird
6 Kyoto sashes
7 Jingle or limerick
8 Scarecrow stuffing
9 Gesture
10 That senora
11 Cash dispenser (abbr.)
12 House mem.
13 Almost-grads
21 Kind of driver
23 Elegant
25 Libras' mo.
27 Eye doctors
28 -- up (spoke)
29 Cherry center
31 Montez or Falana
32 Banish
34 Concludes
35 Spat
36 "Das Boot" craft (hyph.)
37 About that time
39 Wild goat
45 Flo's coworker
46 Speaker pro --
49 Window stickers
51 Glides
53 Slips sideways
55 Major Japanese port
56 Host -- Philbin
57 Reeked
59 Latin 101 word
60 Symbol of peace
62 Cosmonaut's lab
63 Literary collection
64 Atlas abbr.
65 Wager
67 Pinch off



metro.us/sudoku

easy

4		2		5	8	6		3
	7	6	2					
3				1			2	
		4					5	
			8	7	9			
	9					3		
	4			2				6
					5	4	7	
9		7	4	3		8		5

hard

					9		7	
1			2		8	9	6	
		9				2		
7				9	1	8		
9		1				6		3
		3	6	5				9
		5				1		
	7	2	1		4			8
	1		9					

metro.us/horoscopes

Aries Expect to face inevitable changes at home or within your inner circle. Remain silent unless you have something worthwhile to contribute. Protect against ill health.

Taurus Positive changes at home will bring you closer to the ones you love. Personal relationships and plans that will encourage greater togetherness are encouraged.

Gemini Snap decisions, actions or purchases will not turn out as planned. Don't be deceived by a smooth talker or unrealistic advertising. Stick to what you know you.

Cancer Apply a gentle nudge if someone is hesitant to get involved in your plans. An incentive you offer will help give you something to look forward to.

Leo Someone may try to push you to get involved in something that probably isn't a good fit for you. Walk away from anyone using emotional or manipulative tactics.

Virgo Get involved in life. Take a short trip or do something that is conducive to socializing and meeting new people. Expand your circle of friends.

Libra You'll be faced with emotional decisions that can cause a disruption at home or when dealing with loved ones. Stay calm and don't make a move until you are ready.

Scorpio Plan your next vacation or project. Signing up for a course or engaging in events that will help you gain experience and new connections is encouraged.

Sagittarius Hold on to your possessions. Don't share information that might put you in a vulnerable position. Trust in yourself when dealing with money and negotiations.

Capricorn Spend time with someone you love. Personal changes will turn out well and inspire you to be bold in your personal and social interactions.

Aquarius Expand your interests. Sign up for something that will add to your skills or qualifications to raise your standard of living.

Pisces Working on the goals you have set for the upcoming year are all featured. A plan that will encourage personal investments will prove intriguing. EUGENIA LAST

Yesterday's answers

B	A	L	D	■	C	R	E	P	T	■	A	L	E	C
O	B	I	E	■	E	A	G	E	R	■	M	E	N	U
B	E	A	T	■	M	E	A	T	Y	■	N	O	I	R
S	T	R	O	B	E	■	D	E	S	C	E	N	D	S
■	■	■	U	R	N	S	■	R	T	E	S	■	■	■
O	P	E	R	A	T	E	■	■	S	L	I	C	E	D
M	A	V	■	N	E	P	A	L	■	L	A	R	G	E
A	P	E	■	■	D	I	M	E	S	■	■	A	R	K
H	A	N	D	S	■	A	P	R	I	L	■	B	E	E
A	S	T	R	O	S	■	■	O	B	O	I	S	T	S
■	■	■	A	A	H	S	■	Y	E	N	S	■	■	■
P	R	O	G	R	A	M	S	■	R	E	L	I	S	H
L	A	W	N	■	M	E	R	C	I	■	E	D	N	A
O	G	E	E	■	U	L	T	R	A	■	T	E	A	M
P	E	S	T	■	S	T	A	I	N	■	S	A	P	S

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NYC Health+Hospitals | Queens 82-68 164th Street Queens January 12 12:00 PM to 2:00 PM *Auditorium*	**NYC Health+Hospitals | Elmhurst** 79-01 Broadway Queens January 19 12:00 PM to 2:00 PM *Room A1-22*	**Job Plus / Weldon Johnson Houses** 1833 Lexington Avenue Manhattan January 20 12:00 PM to 4:00 PM *Gymnasium*
MetroPlus Queens Community Office 92-14 Roosevelt Avenue Queens January 26 5:00 PM to 7:00 PM *Conference Room*	**NYC Health+Hospitals | North Central Bronx** 3424 Kossuth Avenue Bronx January 27 11:00 AM to 2:00 PM *Room 6M06*	**NYC Health+Hospitals | Kings County** 451 Clarkson Avenue Brooklyn January 29 4:00 PM to 7:00 PM *E Building Lobby*

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